YORK 3000
MAG CROSSTRAINER

YORK® FITNESS

EXERCISES & INSTRUCTION MANUAL

11 / 2002 TWN

Product may vary slightly from the item pictured.

YORK 3000 MAG. CROSSTRAINER

SAFETY GUIDELINES:

Please read and follow the following safety guidelines:
Before beginning any exercise program, you should consult with your doctor.
It is recommended that you undergo a complete physical examination.
Read this owner's manual and follow the instructions.

- **Assemble and operate the YORK 3000 MAG. CROSSTRAINER on a solid, level surface.**
- **Keep the area behind the YORK 3000 MAG. CROSSTRAINER clear.**
- **Always use your YORK 3000 MAG. CROSSTRAINER in adequate space e.g., at least 2 ft. (60cm) clearance on each side.**
- **Never allow children on or near the YORK 3000 MAG. CROSSTRAINER.**
- **Always check the YORK 3000 MAG. CROSSTRAINER before using it, in particular make sure all parts are assembled, and nuts and bolts are tightened.**
- **Do not use the YORK 3000 MAG. CROSSTRAINER if the unit is disassembled in any way.**
- **Keep hands away from moving parts.**
- **The weight limit for this product is 225 lbs (100 kgs).**
- **Wear proper workout clothing: Do not wear loose clothing.**
- **Do not wear shoes with leather soles or high heels. Tie all long hair back.**
- **Remove jewellery, rings, chains and pins before exercising.**
- **Do not rock the unit from side to side.**
- **Care should be taken when mounting and dismounting the unit.**
- **Do not place any liquids on any part of the MAG CROSSTRAINER 3000.**
- **Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.**
- **Always consult your doctor before undertaking any exercise programme.**
- **Work within your recommended exercise level, do NOT work to exhaustion.**
- **If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY. Consult your physician immediately.**
- **TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.**

The YORK 3000 MAG. CROSSTRAINER is designed for the use and enjoyment of the serious trainer as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have safe and pleasurable exercise regimen with the YORK 3000 MAG. CROSSTRAINER.

CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your YORK 3000 MAG. CROSSTRAINER clean.

TOOLS REQUIRED

The tools enclosed in the carton are two multi-purpose spanners (which one has a screwdriver function) and one allen key.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

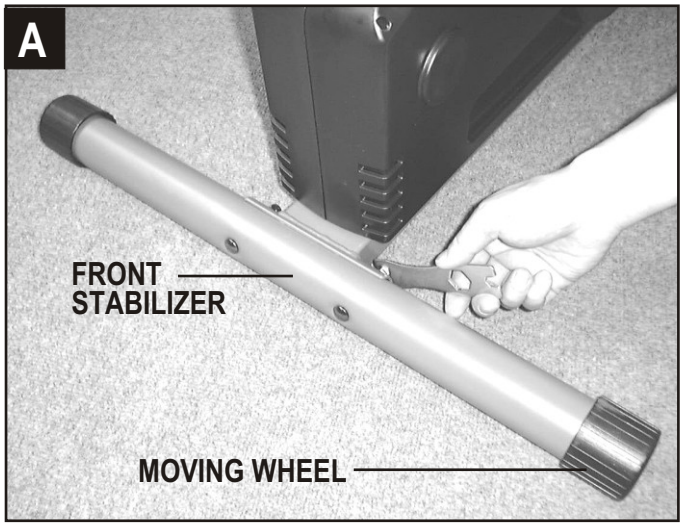
YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: paulyork@ozemail.com.au

GENERAL

REMOVE ALL THE PARTS OF YOUR MAG. CROSSTRAINER 3000 FROM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY. ASSEMBLING YOUR MAG. CROSSTRAINER 3000 IS SIMPLE. FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT SHOULD TAKE YOU AROUND 15~20 MINUTES.

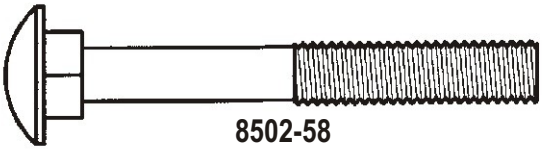
ASSEMBLY INSTRUCTION

1.

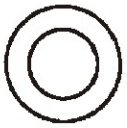


ATTACH THE STABILIZERS

- **Fix the front stabilizer with moving wheels to the main frame and secure, using two carriage bolts, washers and locknuts.**

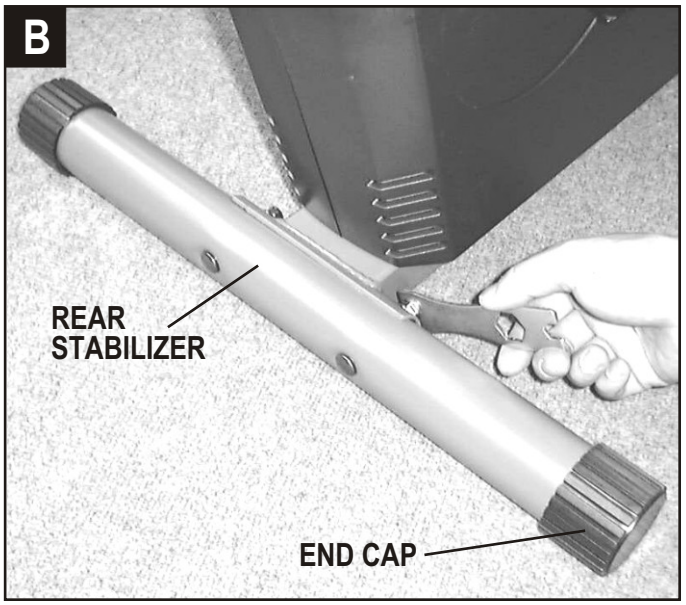


8502-58 **X2**

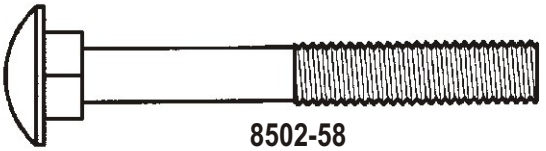


8502-40N **X2**

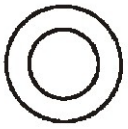
8502-14N **X2**



- **Fix the rear stabilizer to the main frame and secure,using two carriage bolts, washers and locknuts.**



8502-58 **X2**



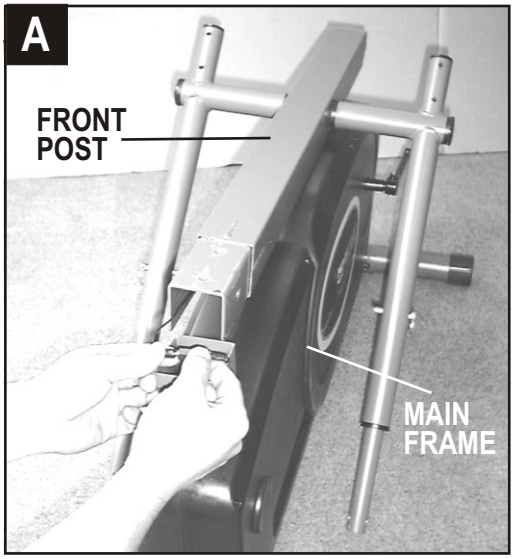
8502-40N **X2**

8502-14N **X2**

NOTE: **Make sure you fasten the nuts & bolts securely for your safety and comfort when exercising.**

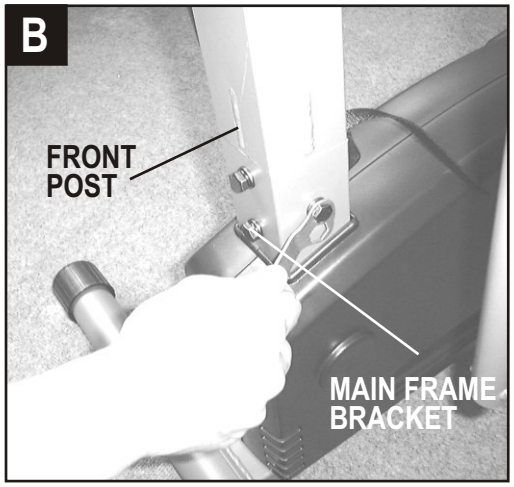
*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

2.



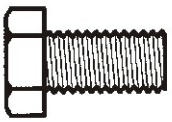
ATTACH THE FRONT POST

- Rest the front post on the main frame carefully as shown.
- Connect the sensor wire plug to the middle wire socket.
- Check middle wire runs up the front post and out the top - later this will connect to the computer.



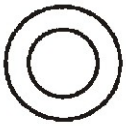
- Insert the front post to the main frame in position and secure, using four hex head bolts, spring washers and washers as shown.

  NOTE: TAKE CARE to ensure the middle wire does not get trapped when you attach the front post to the main frame.



8502-20

8502-13



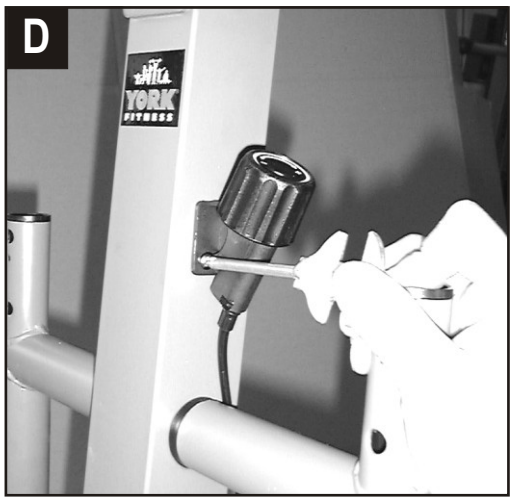
8502-40N

X4

- Fix the plastic cap onto the bolts head.

8502-54

X4



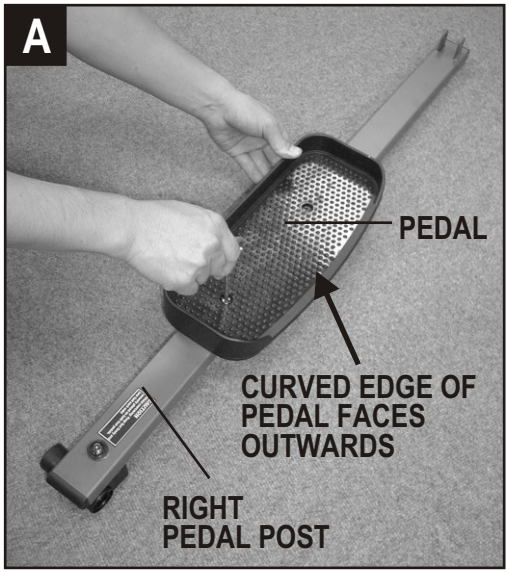
- Attach the tension control to the front post and secure, using two self tapping screws.

8502-67

X2

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

3.



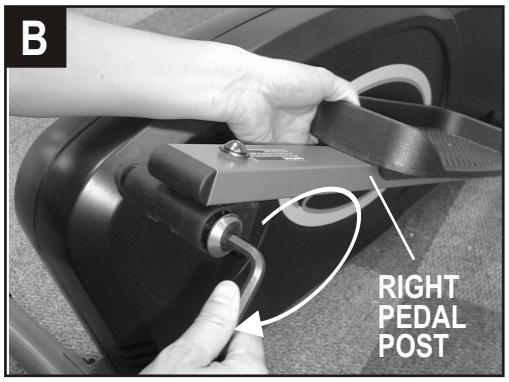
ATTACH THE PEDAL POSTS

■ Attach the pedal to the right pedal post and secure, using two machine screws as shown.

NOTE: The curved edge of the pedal must be fixed faces outwards.

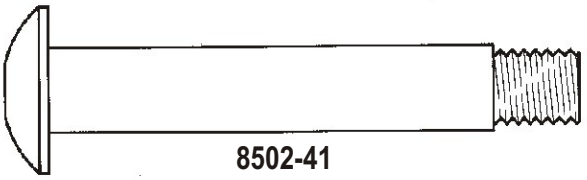
8502-60N X2

NOTE: Make sure you fasten the screws securely for your safety and comfort when exercising.



■ Fix the right pedal post to the right side crank arm and secure, using one allen head bolt as shown.

NOTE: The pedal posts are marked"R" and "L" (Right & Left).



8502-41 X1

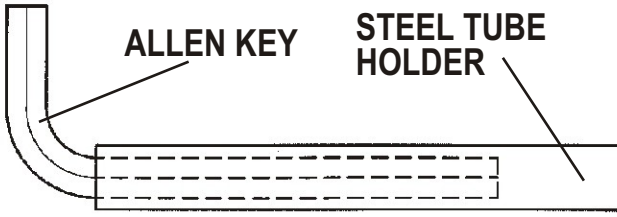
■ Fully tighten the allen head bolt to the crank then fasten the nut to the allen head bolt protruding through the crank arm tightly.
This will secure it in place.

8502-42 X1

■ Repeat the same process for the left pedal post assembly.

NOTE: The right pedal post "R" should be threaded on clockwise. The left pedal post "L" should be threaded on clockwise.

NOTE:



■ Fit the allen key inside the steel tube holder. This will make it easier to secure the bolts tightly. It is important these bolts are fully tightened. **CHECK REGULARLY** !!

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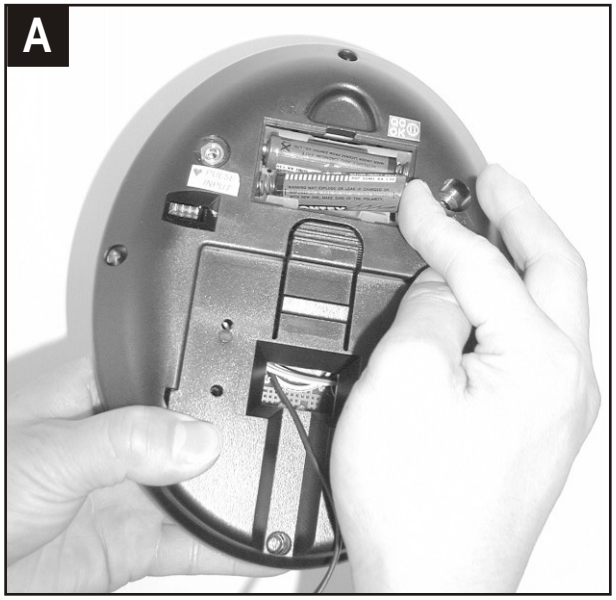
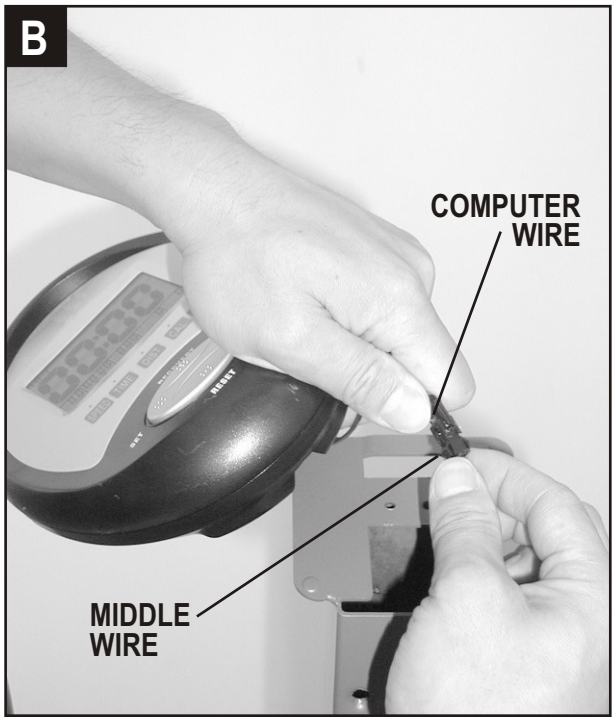
5.

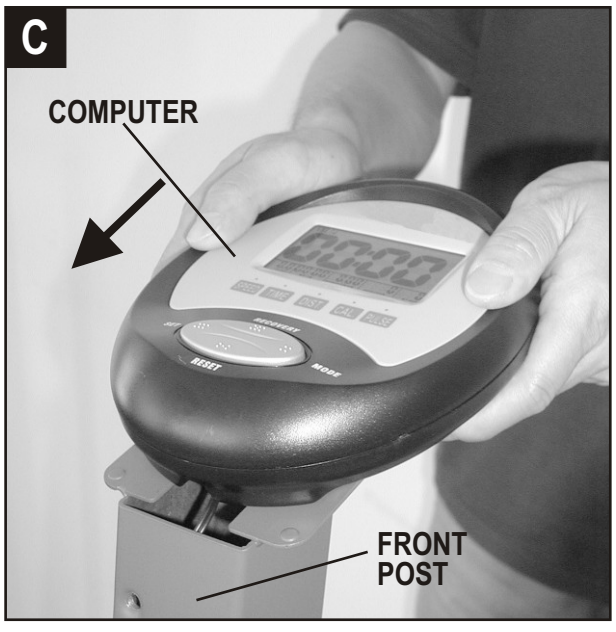


ATTACH THE COMPUTER

- **Insert two batteries (AA size 1.5V) into the compartment in the back of the computer**



- **Connect the computer wire to the middle wire that runs inside the front post.**



- **Slide the computer wire down the front post then slide the computer onto the bracket on the front post until it click into position.**

  NOTE: TAKE CARE to ensure the computer wire does not get trapped when you attach the computer to the front post bracket.

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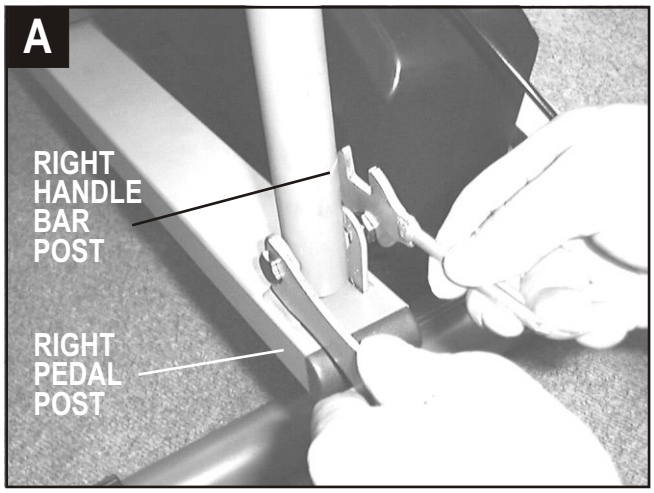
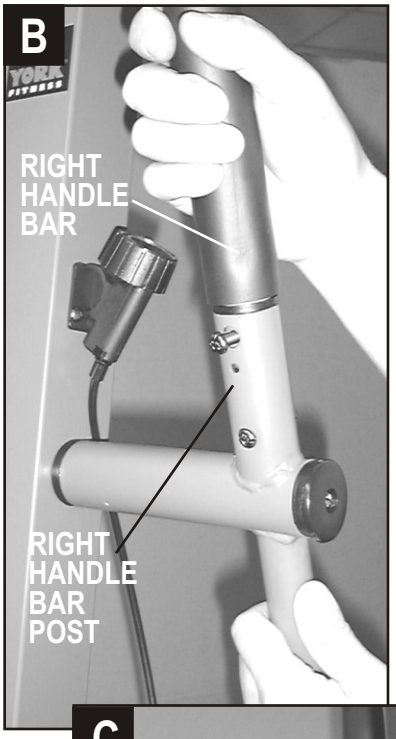
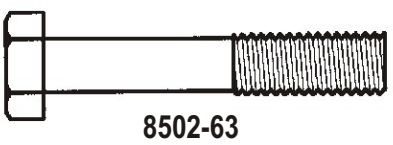
4.





ATTACH THE HANDLE BARS

■ **Fix the right pedal post to the right handle bar post and secure, using hex head bolt and locknut as shown.**



X1

■ **Attach the right handle bar to the right handle bar post and secure, using two machine screws, washers and locknuts.**

X2

X2

X2

■ **Repeat the same process for the left handle bar assembly.**

NOTE: **The handle bar end caps are marked "R" and "L" (Right & Left). Fix each handle bar to the matching handle bar post.**

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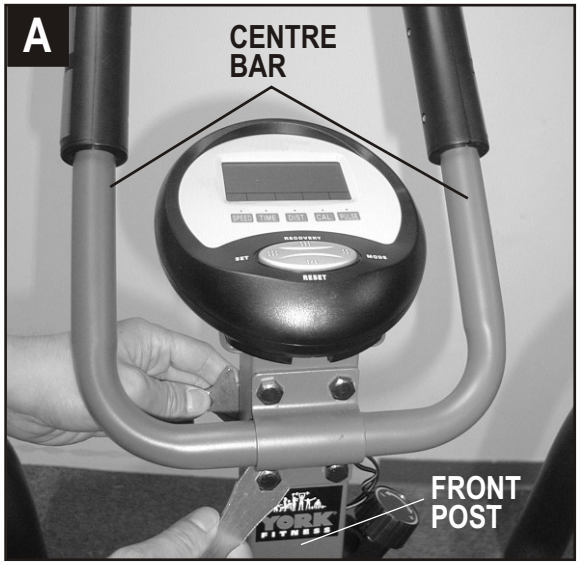
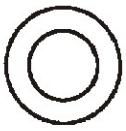
6.

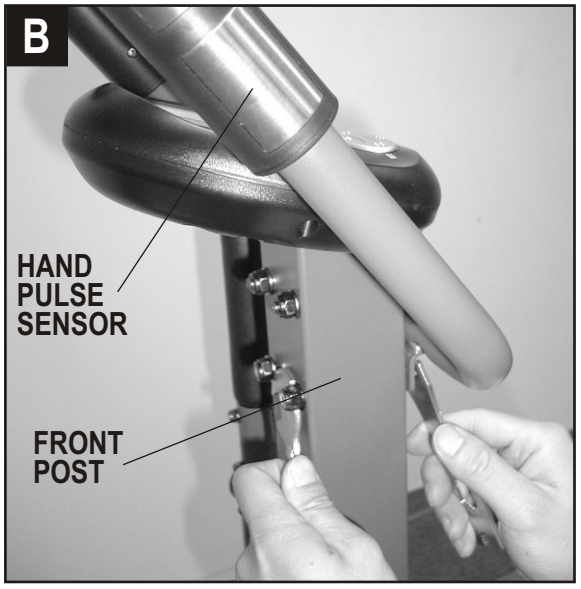


ATTACH THE CENTRE BAR

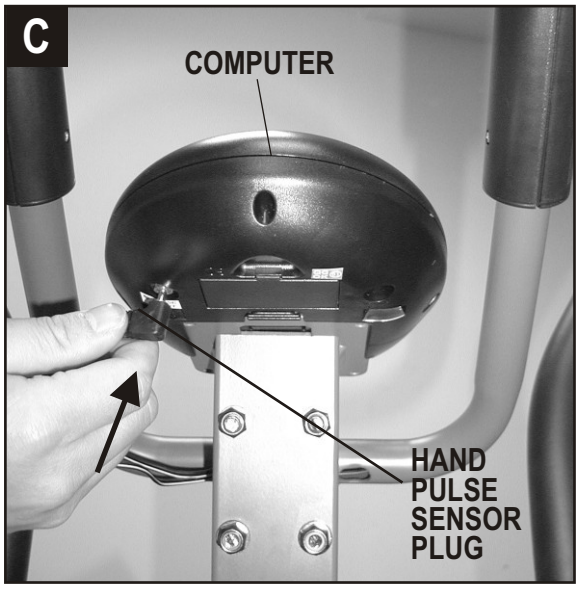
■ Attach the centre bar to the front post and secure, using four hex head bolts, washers & nylock nuts as shown.

NOTE: Make sure you fasten the nuts & bolts securely for your safety and comfort when exercising.





NOTE: TAKE CARE to ensure the hand pulse sensor wires does not get trapped when you attach the centre bar to the front post.



■ Connect the hand pulse sensor plug to socket on back of computer.

RECHECK THAT ALL THE BOLTS AND NUTS ARE TIGHTENED SECURELY FOR YOUR SAFETY & COMFORT.

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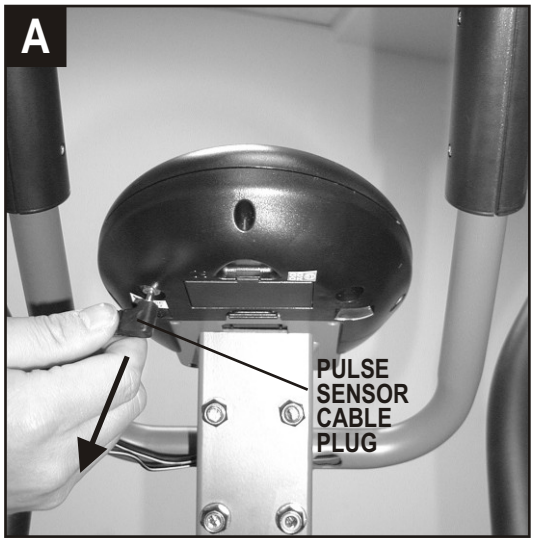
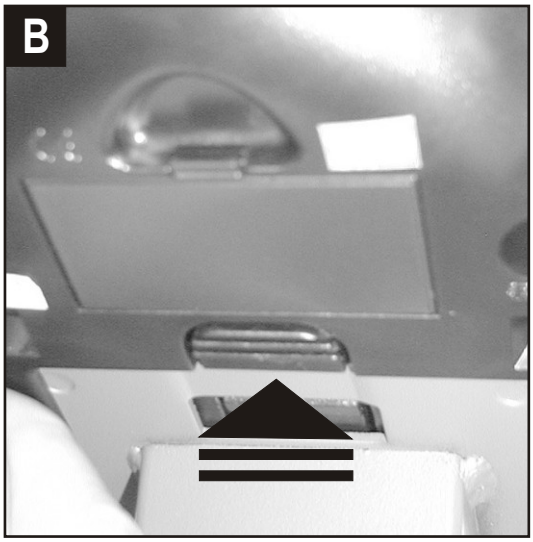
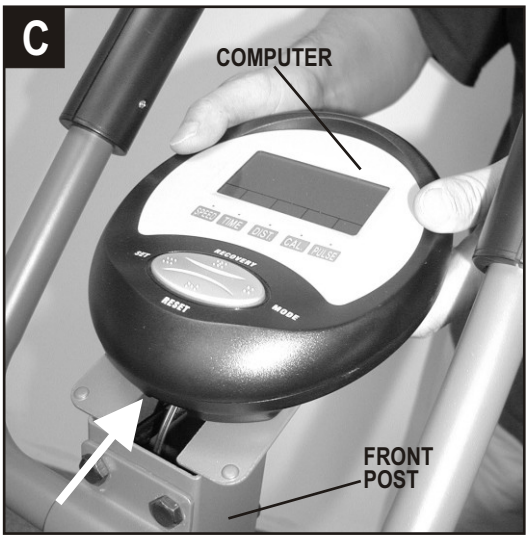


HOW TO REMOVE THE COMPUTER

■ Detach the pulse sensor cable plug.



■ Push in the tab and at the same time slide the computer off the metal bracket.



■ Disconnect the computer wire.
Be careful not to drop the middle wire down the inside of the front post.
TIP: Fix the wire to top of post with tape.

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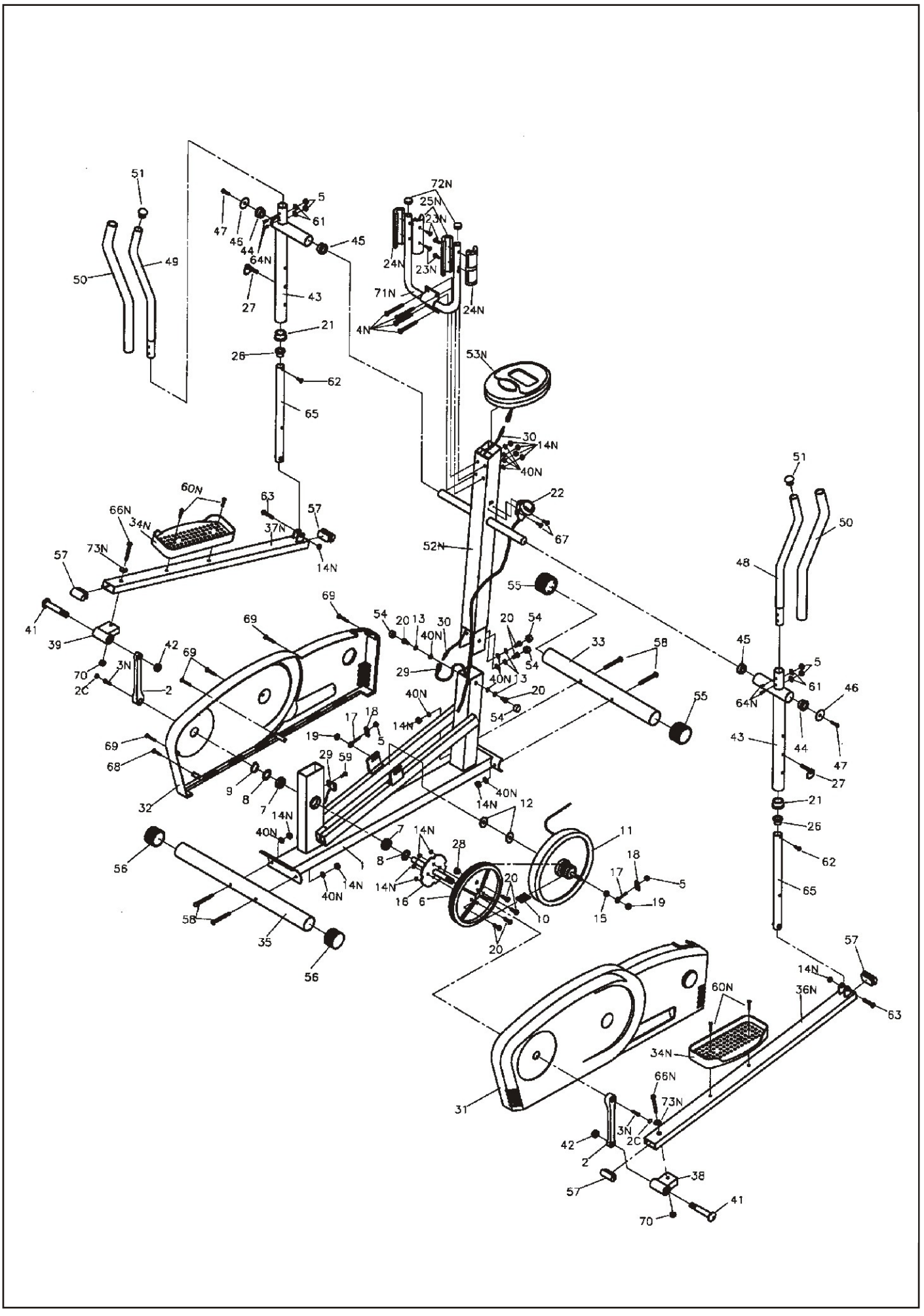
DESCRIPTION



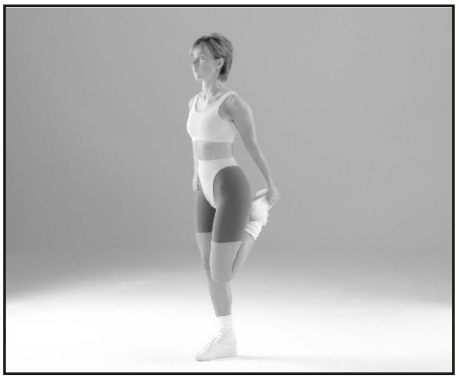
PARTS LIST

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	8502-01	1	MAIN FRAME
2	8502-02	2	CRANK
2C	8502-2C	2	CRANK ARM END CAP
3N	8502-3N	2	HEX HEAD BOLT (M8 x 25mm)
4N	8502-4N	4	BOLT (M8 X 75mm)
5	8502-05	6	NYLOCK NUT (M6 X 1)
6	8502-06	1	DRIVE BELT PULLEY WHEEL
7	8502-07	2	BEARING (20mm)
8	8502-08	2	WASHER (20mm)
9	8502-09	1	C RING (20mm)
10	8502-10	1	DRIVE BELT
11	8502-11	1	FLYWHEEL
12	8502-12	2	BEARING (6000Z)
13	8502-13	4	SPRING WASHER (8mm)
14N	8502-14N	14	NYLOCK NUT
15	8502-15	1	NUT (M10 / t = 8mm)
16	8502-16	1	SPOCKET SHAFT
17	8502-17	2	EYE BOLT (M6 X 1 X 35mm)
18	8502-18	2	TENSION BRACKET
19	8502-19	2	FLANGE NUT (M10 X 1.25)
20	8502-20	8	BOLT (M8 X 16mm)
21	8502-21	2	BUSHING
22	8502-22	1	TENSION CONTROL
23N	8502-23N	4	BOLT (M4 X 25mm)
24N	8502-24N	2	HAND PULSE SENSOR TOP COVER
25N	8502-25N	2	HAND PULSE SENSOR BOTTOM COVER
26	8502-26	2	SLIDE END CAP
27	8502-27	2	FIXING PIN
28	8502-28	1	MAGNET
29	8502-29	1	SENSOR WIRE
30	8502-30	1	MIDDLE WIRE
31	8502-31	1	RIGHT SHROUD
32	8502-32	1	LEFT SHROUD
33	8502-33	1	FRONT STABILIZER
34N	8502-34N	2	PEDAL (R&L)
35	8502-35	1	REAR STABILIZER
36N	8502-36N	1	PEDAL POST (R)
37N	8502-37N	1	PEDAL POST (L)
38	8502-38	1	RIGHT PEDAL POST CONNECTOR
39	8502-39	1	LEFT PEDAL POST CONNECTOR
40N	8502-40N	12	WASHER

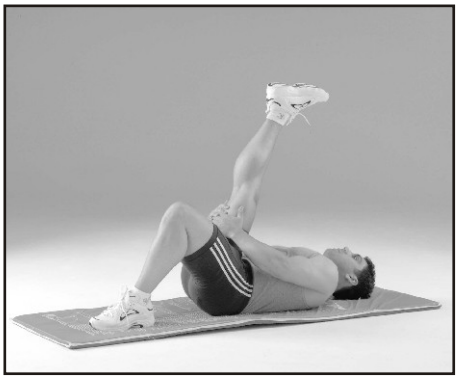
KEY NO.	PART NO.	Q'TY (PCS)	DESCRIPTION
41	8502-41	2	SHAFT BOLT (9/16" - 20 X 3 9/16")
42	8502-42	2	NUT (9/16" -20)
43	8502-43	2	HANDLE BAR POST
44	8502-44	2	PLASTIC BUSHING
45	8502-45	2	PLASTIC BUSHING
46	8502-46	2	BUSHING COVER
47	8502-47	2	MACHINE SCREW (M6 X 25mm)
48	8502-48	1	RIGHT HANDLE BAR
49	8502-49	1	LEFT HANDLE BAR
50	8502-50	2	FOAM GRIP
51	8502-51	2	END CAP
52N	8502-52N	1	FRONT POST
53N	8502-53N	1	COMPUTER
54	8502-54	4	HEX HEAD BOLT END CAP
55	8502-55	2	MOVING WHEEL
56	8502-56	2	STABILIZER END CAP
57	8502-57	4	PEDAL POST END CAP
58	8502-58	4	CARRIAGE BOLT (M8 X 1.25 X 60MM)
59	8502-59	1	MACHINE SCREW (M5 X 20mm)
60N	8502-60N	4	BOLT (M8 X 25mm)
61	8502-61	4	WASHER (6mm / t = 1mm)
62N	8502-62N	2	MACHINE SCREW
63	8502-63	2	HEX HEAD BOLT (M8 X 45mm)
64	8502-64	4	MACHINE SCREW (M6 X 35mm)
65	8502-65	2	LOWER HANDLE BAR POST
67	8502-67	2	SCREW (M4 X 12mm)
68	8502-68	1	SCREW (M4 X 25mm)
69	8502-69	5	SCREW (M5 X 32mm)
70	8502-70	2	NYLOCK NUT (M10 X 1.25)
71N	8502-71N	1	CENTRE BAR
72N	8502-72N	2	END CAP
73N	8502-73N	2	WASHER (10mm / t = 2mm)

STRETCHING EXERCISES

PECTORALS
Lace fingers and with abdominals pulled firmly in and knees slightly bent ease arms away from you. Hold for 8-10 seconds or until muscle eases.



QUADRICEPS STRETCH
With one hand, hold lace of shoe, knees together, stand tall with abdominals engaged. Squeeze hips slightly forward to increase the stretch. Hold for 8-10 seconds or until muscle eases.

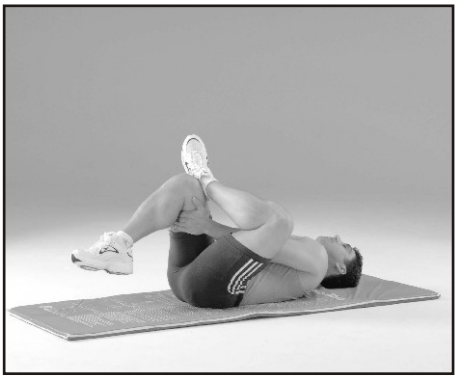


HAMSTRING STRETCH
Holding back of thigh with leg straight, gently ease leg towards chest hold and increase stretch gently. This stretch can be developed slowly 20-30 seconds.

TRICEP STRETCH
Engage abdominals and drop fingers down back pressing gently on fleshy part of arm until stretch is felt in tricep area. Avoid arching back.

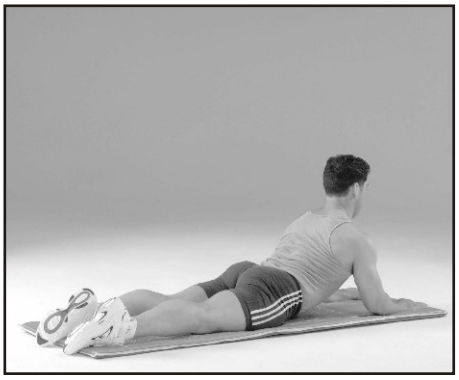
DELTOID STRETCH
Take arm across body at shoulder height. Press gently on fleshy part of arm above elbow until you feel a stretch in shoulder area. Hold for 8-10 seconds.

CALF STRETCH
Take leg back ensuring toe point in directly forward. Rest hands on thigh. Hold for 8-10 seconds or until muscle eases.

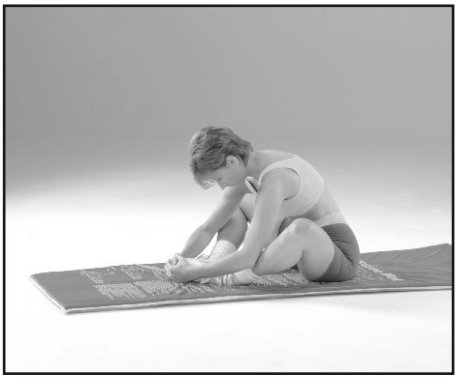


GLUTEALS
Cross one ankle over opposite knee, using hands lift leg off floor to increase stretch if necessary. Hold for 8-10 seconds.

CAT STRETCH
Starting with a neutral not arched spine lift back up towards ceiling hold for 8-10 seconds return to neutral spine.



ABDOMINAL STRETCH
Lengthen and gently lift upper body keeping head in line until stretch felt. Hold for 8-10 seconds.



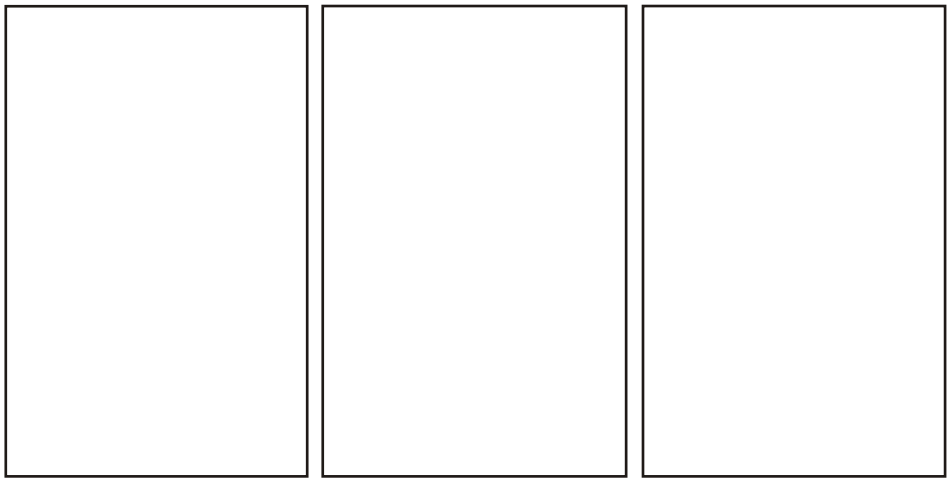
INNER THIGH & LOWER BACK STRETCH
Sit with soles of feet together. Sit tall and gently lean forwards until a stretch is felt. Hold of 8-10 seconds.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

BEFORE EXERCISING CHECK:

- **You have adequate space ie. at least 2ft. (60cm) clearance on each side.**
- **Check all bolts and locking pins are secured and not protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.**
- **Always use your elliptical trainer on a flat, level, solid surface.**
- **Always work within your exercise level, do not work to exhaustion.**
- **If you feel pain or unwell STOP YOUR WORKOUT IMMEDIATELY.**
- **Injuries to health may result from incorrect or excessive training.**
- **Please make sure you have read the safety guidelines.**

EXERCISE GUIDE



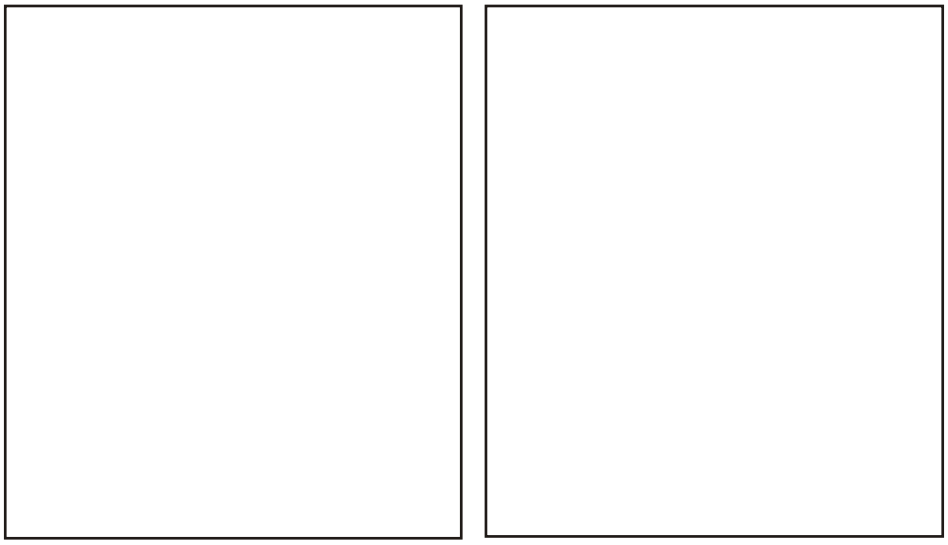
Product may vary slightly from pictured.

STEPPING ON

Make sure the nearest pedal to you is downwards. Grasp the handlebars securely with both hands.
Then step on. (Toes towards the front of the pedal).
Your body should be centred over the pedals, always remain in a vertical, upright position.

TENSION KNOB

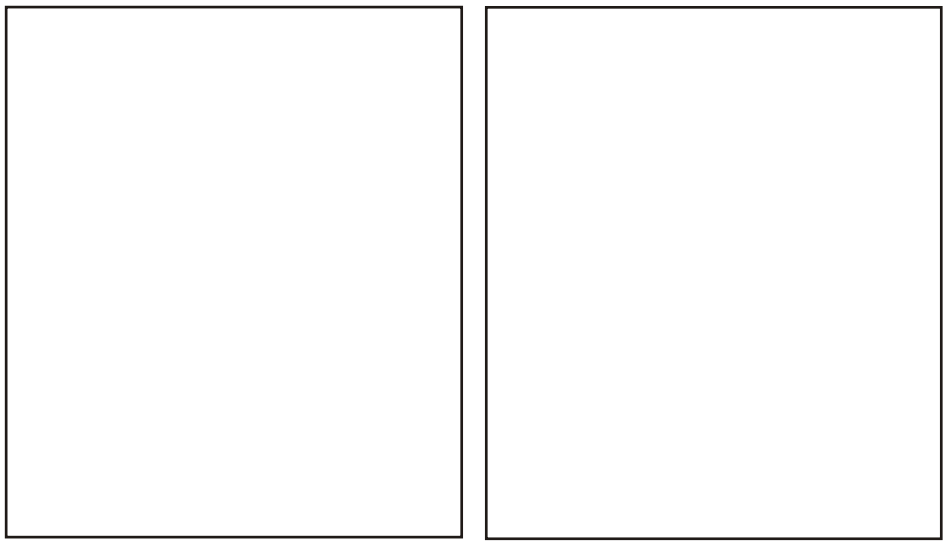
Change the level of difficulty of your workout by adjusting the tension knob. Begin with low tension. Adjust resistance to intensify your workout according to your personal fitness level.



FORWARD ELLIPTICAL MOTION

Tones quadriceps, buttocks, lower abdominal, hips and thighs.
Select a lead foot and press down in a forward motion. Keep your knees slightly bent. Make 4 full cycles slowly then quickly. Repeat according to exercise intensity. Maintain a secure grip on handlebars and keep your feet firmly in position towards the front of the pedal.

ROUTINE: 4 FORWARD SLOW
4 FORWARD QUICK



REVERSE ELLIPTICAL MOTION

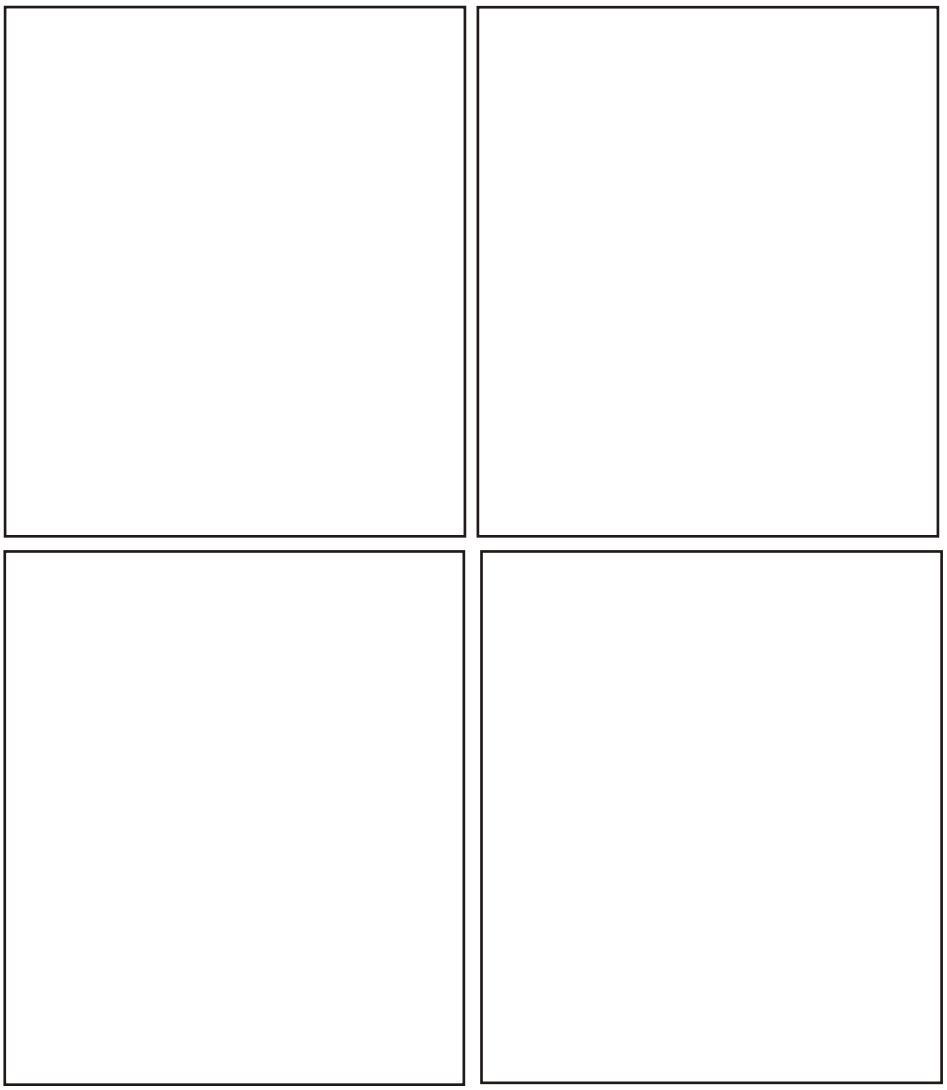
Strengthens hamstrings, lower buttocks, hips, thighs and calves.
Select a lead foot and press down in a reverse motion. Keep your knees slightly bent. Make 4 full cycles slowly then quickly. Repeat according to exercise intensity. Maintain a secure grip on handlebars and keep your feet firmly in position towards the front of the pedal.

ROUTINE: 4 REVERSE SLOW
4 REVERSE QUICK

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

EXERCISE GUIDE cont.

Product may vary slightly from pictured.



FORWARD & REVERSE ELLIPTICAL MOTION WORKOUT

Select a lead foot and press down in a forward motion. Keep your knees slightly bent. Make 2 full cycles slowly then quickly. Pause - then make 2 full cycles slowly then quickly in a reverse motion. Maintain a secure grip on the handlebars.

ROUTINE: 2 FORWARD SLOW
2 FORWARD QUICK
2 REVERSE SLOW
2 REVERSE QUICK

FORWARD SQUAT/KNEE BEND WORKOUT

Select a lead foot and press down in a forward motion. Keep your knees slightly bent, pedal slowly - whilst pedalling slowly lower your body (Approx 4 inches - 10cm) keep your back straight and vertical. In this position, make 8 full cycles. Return to normal body position and make 8 full cycles. Repeat for 4 cycles then 2 cycles.

ROUTINE: 8 FORWARD
(LOWERING YOUR BODY)
8 FORWARD
(NORMAL BODY POSITION)
REPEAT FOR 4 & 2 CYCLES. THEN TRY THE WHOLE ROUTINE PEDALLING IN REVERSE MOTION.

VARY WORKOUTS: **As well as the different program to vary your workout you can also change between the forward and reverse elliptical motion, e.g., 5 minutes forward then 2 minutes reverse then 5 minutes forward etc.**

Vary your workouts and make up new routines.

CAUTION:

When you wish to change direction; slow down until stopped then change direction.
Do not try to suddenly change direction quickly as this will put stress on your knee joint.

STEPPING OFF

- Make sure that the left foot-platform is in the lowest position.
- Whilst grasping the handle bars, make sure your body is centred over both of the pedals.
- Step your right foot off of the left side, behind your left foot and onto the ground.

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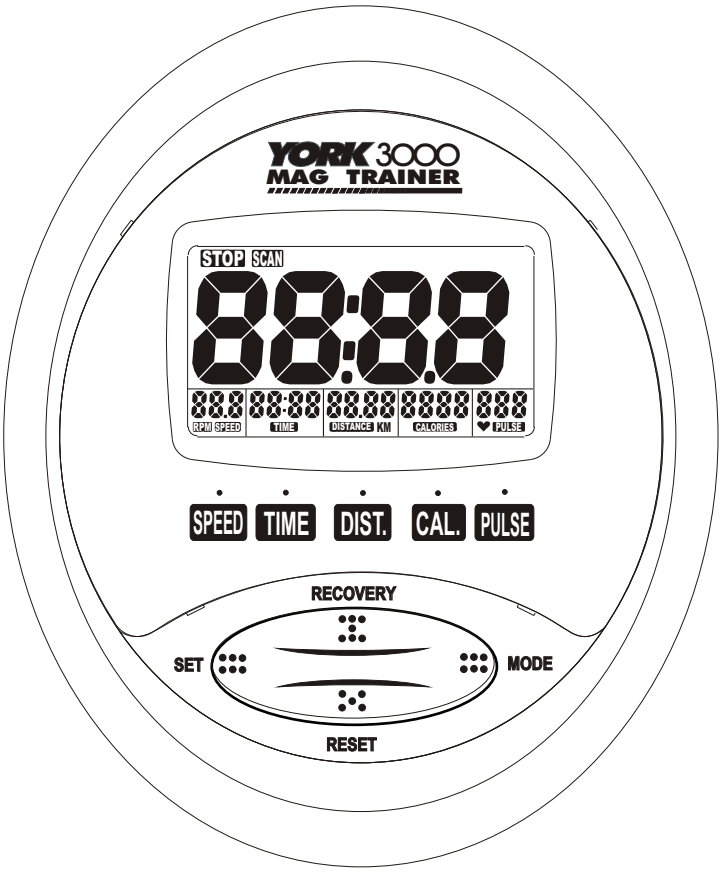
YORK ELLIPTICAL CROSSTRAINER 3000
COMPUTER INSTRUCTION

INTRODUCTION

Your computer is ideal for monitoring your performance and setting yourself targets.
By measuring your pulse rate you can ensure you exercise within your range.
At the same time you can monitor closely your improving condition and cardiovascular fitness.



TO START/ **Press SET button to activate unit.**
The computer will automatically start/stop when you exercise.

B. FUNCTION BUTTONS

MODE: **Guides you through each display function.**
Your computer will change modes in the following order.

SCAN ▶ TIME ▶ DISTANCE ▶ CALORIE ▶ PULSE

SET: **Allows you to set the target values for TIME or DISTANCE or CALORIE & PULSE.**
Please make sure computer is in the " STOP " status, before using this key
If you hold this key continuously for 2 seconds the digit value will increase quickly.

RESET:
1. **Press RESET to reset each single mode from computer.**
2. **Press and hold RESET for several seconds to reset all of the target values in the computer.**

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

RECOVERY: The time it takes you to recover after exercise is an indication of your fitness level. The computer is equipped with ''RECOVERY'' to measure your heart rate recovery time, you can use this feature to compare your recovery rate over a period of time e.g. When you first start to train and again after a few weeks training. To make an accurate comparison you should really exercise at the same speed and load, and for the same amount of time, e.g.,10 minutes at load 3. For an approximate comparison it is not necessary to put your hands on the hand pulse sensor during the exercise period. When you finish exercising, put your hands onto the hand pulse sensors, press "RECOVERY" and the computer will continue to monitor your pulse. When the computer has counted down to 0.00 the screen will display a heart rate recovery grade from F1 to F6 (F1 being good and F6 poor).
Press the "RECOVERY" button again to return to main functions.

C. SETTING FUNCTIONS

You can set a target time or distance or calories on your computer.
When you start exercising the computer will begin to count down from your target to zero.
When it reaches zero an alarm will beep.

SCAN Automatically scans all functions in sequence displaying your progress without requiring you to press the mode key.

SPEED Current speed is automatically displayed in KPH, when the ELLIPTICAL CROSSTRAINER 3000 is in use. *(Max 99:9 KPH).*

TIME Counting commences when the ELLIPTICAL CROSSTRANER 3000 is active. *(Max 99:59 MIN).* To set timer countdown select 'TIME' using MODE button. Enter required time target by pressing SET button. *(Max 99:00 MIN).*

DISTANCE Distance is automatically displayed in KM, when the 3000 ELLIPTICAL CROSSTRAINER is in use. *(Max 99.99KM).*

To set target distance select 'DISTANCE' function using MODE button. Enter desired distance by pressing SET button. *(Max 99.95KM).*

CALORIES Approximate calories consumed is displayed, once the . ELLIPTICAL 3000 CROSSTRAINER is in use. *(Max 9999 CAL.)*

To set target consumption select "CALORIE" using MODE button. Enter target calories to be consumed using SET button. *(Max 9990 CAL.)*

(This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)

PULSE (USE THE HAND PULSE SENOR) When using the 'PULSE' function a ''♥'' is displayed, and your current heart rate is shown.

The user may also need to consult a doctor before using this equipment, the user can set a heart target with this information.

To set target pulse select "PULSE" function using MODE button. Enter target pulse by pressing SET button. *(Max. 240)*

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

HAND PULSE SENSORS

To obtain a pulse reading you must have your left and right hand holding the sensors at the same time.

Grip the hand sensors normally (NOT TOO TIGHT) during exercise and after a few seconds the computer will display your pulse reading.
Some people will not be able to obtain an accurate hand pulse reading e.g.due to hand, skin or variations in circulation.
If you have a problem contact our YORK HELPLINE.

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

YORK FITNESS

HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: paulyork@ozemail.com.au

NOTE:

1. **When targets / limits have been reached an alarm will sound.**
2. **Without any signal for 5 minutes, the LCD display will shout off automatically, with all values reserved. Press any key or start cycling to reactivate.**
3. **The computer is equipped with an auto start / stop devise. It will activate when you start to pedal and switch off some time after you stop pedalling.**
4. **The mode function will only work when all activity has stopped.**
5. **If the display becomes faint, replace the batteries.**
6. **Battery spec: 2 AA size.**

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

EXERCISE GUIDE

FITNESS

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles.
Your muscles use this oxygen to provide enough energy for daily activity.
This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently.
This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.
This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life.
When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

HOW TO IMPROVE YOUR FITNESS

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.
You can measure your heart rate by taking a pulse reading.
Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.
To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.
The area between these 2 levels is called the **target zone.**
It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration.
Ideally you should aim to exercise (within zone) for at least 15-20 minutes continuously,
3-4 times per week.

CAUTION

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.
IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35-40 AND NOT CURRENTLY TAKING REGULAR EXERCISE THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.

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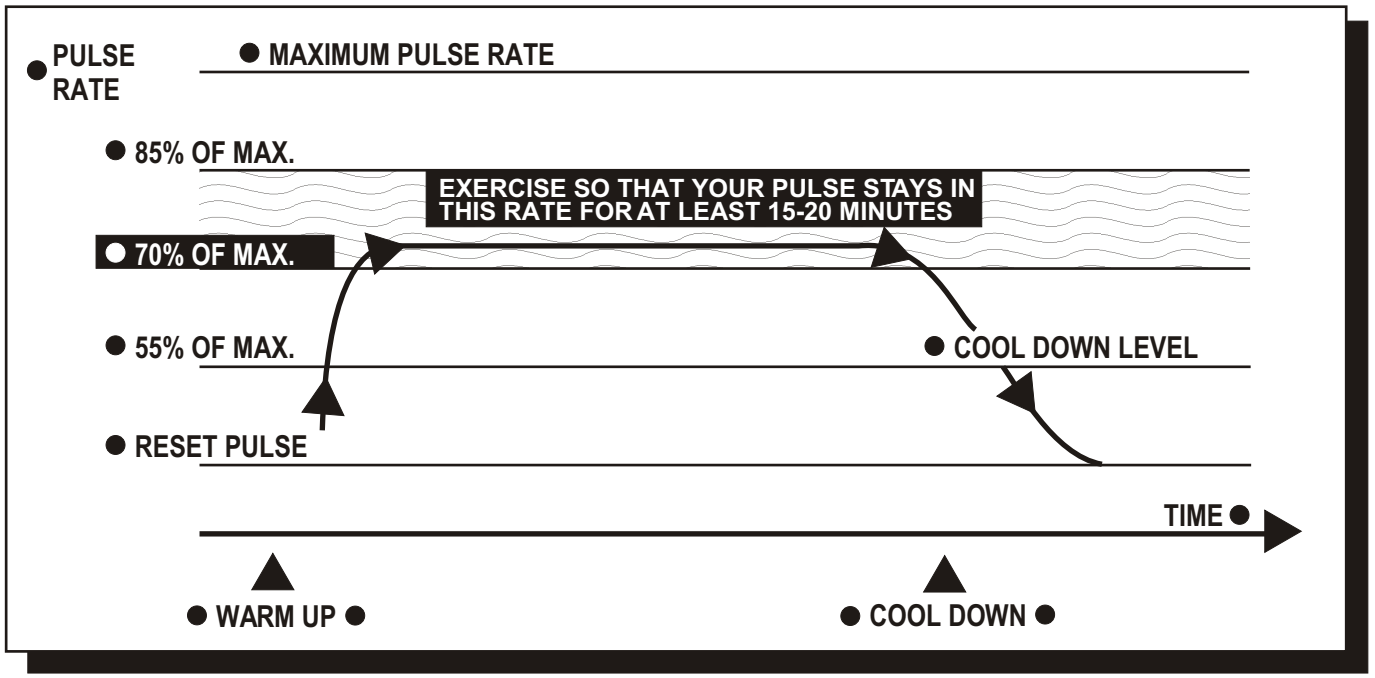
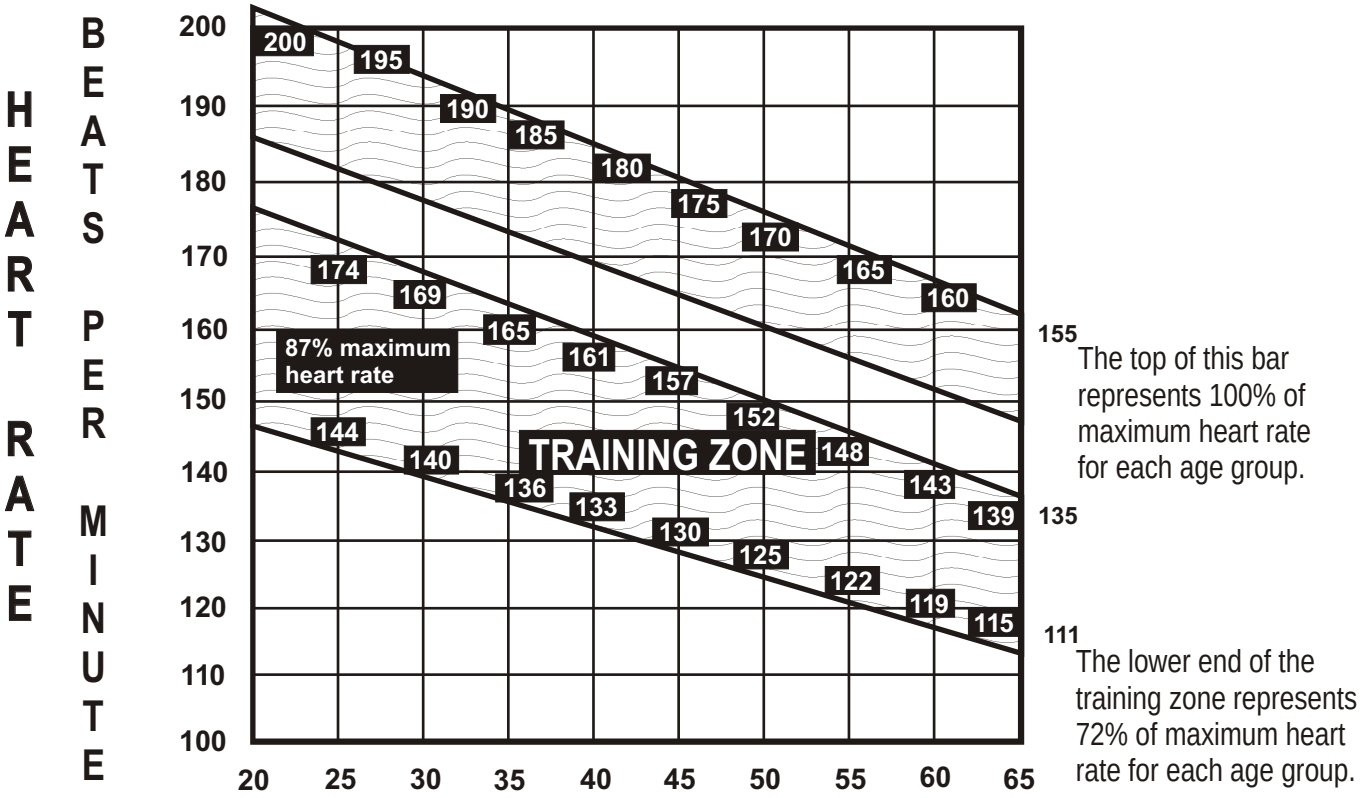
TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE. REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.



The top of this bar represents 100% of maximum heart rate for each age group.

The lower end of the training zone represents 72% of maximum heart rate for each age group.

FIND YOUR OWN EXERCISE PULSE RATE RANGE BY MOVING UP THE VERTICAL LINE FOR YOUR AGE.

Example: Age 40, the vertical line meets the 70% level at about 128 and the 85% level at about 154, pulse rate should remain between these values. Use this graph to determine your personal target zone.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

HOW TO MONITOR YOUR HEART RATE DURING EXERCISE

Now that you know where your training zone is, you'll I have to monitor yourself to be sure you're in it. Here's a simple rule, if you can't hold a conversation without gasping for breath you're probably above your training zone.

To know precisely where you're working - making sure you're getting all the benefits -
We recommend you check your heart rate periodically throughout your workout.
You can use the electronic pulse monitor which will count and display your heart rate for you.

CONTROL YOUR PULSE RATE TO KEEP WITHIN ZONE

How hard you exercise affects your pulse rate, it is determined by two thing:

1. Rate: How fast you exercise.
e.g. Speed you cycle, run or step.

2. Load: The resistance against which you exercise.
e.g. Tension you apply on cycle, step or run up hill.

THE PULSE RATE RULES

If your pulse rate is too low exercise faster or increase load.
If your pulse rate is too high exercise slower or decrease load.
If your pulse rate goes up towards the end of your exercise, you are trying to exercise for too long, shorten the time.
If your pulse rate does not quickly return to normal after exercise (5-10 minutes) you are not giving your body chance to recover, reduce how often you exercise.

REMEMBER - GENERAL FITNESS IS BEST IMPROVED BY INCREASING HOW LONG YOU EXERCISE RATHER THAN BY HOW HARD.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

HOW LONG TO EXERCISE?

To qualify as a true aerobic exercise with all the benefits we're mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we'recommend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard.
You should never feel exhausted during or following exercise.

TEST YOUR FITNESS LEVEL AND CHECK YOUR PROGRESS

You can use your computer to control your exercise intensity and to monitor your progress.

The time it takes for your pulse to return to normal, after exercise, is an indicator of your fitness level. During the first minute of your cool-down phase you will experience a drop in your pulse rate. The bigger the drop in that minute -- the fitter you are.

TO CHECK YOUR PROGRESS:

1. Monitor your pulse rate the moment you end the aerobic phase of your workout and note your pulse rate.

2. Begin slowing down for the cool down phase.

3. After 60 seconds note the rate again.

The bigger the drop in that minute-the fitter you are.

To check your progress repeat this test every few weeks using the same duration and exercise intensity each time.
Keep a record of the results to help you monitor your progress.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

LIMITED WARRANTY

WARRANTY

YORK BARBELL LTD. warrants this product to be free from defects in workmanship and material, under normal use and conditions, for a period of one year on all steel parts, thirty days on all vinyl and upholstery, and ninety days on all other parts.
This warranty extends to the original purchaser only.
It is recommended that the original receipt be kept with the manual.
YORK BARBELL LTD. will provide a replacement part free of charge when a defect is found during the warranty period. If a repair is necessary, please contact our **Customer Service Department.**

Under no circumstances will YORK BARBELL LTD. be responsible for damages or failures that occur as a result of improper assembly, or failure to operate the product correctly.
This warranty does not cover misuse, abuse, freight damage and/or alterations or repairs not made by YORK BARBELL LTD. or a recommended service center.
In the event a return is necessary, call our **Customer Service Department** for further instructions.
Under no circumstances will returns be allowed without the Return Authorization by our **Customer Service Department.**
Returns must be sent pre-paid, with the original packaging or equivalent.
This warranty does not apply when the product is used for rental or commercial use.
This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

REPLACEMENT PARTS

ORDERING

To order replacement parts, simply call our Customer Service Department.
Monday through Friday, 8:30am until 4:30pm (excluding holidays).
To help us assist you, please have the following information ready:
1) Model name or number from the cover of the manual.
2) Serial number located on the frame of the unit.
3) The part description and order number.

REGISTRATION

CONSUMER RESPONSIBILITY

In order to activate your warranty, you must mail in the supplied registration form found on the following page.
Failure to send in the registration form will void your warranty.
Fill in the form and send it to:

CUSTOMER SERVICE DEPARTMENT:

YORK FITNESS
HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

YORK FITNESS
HELP LINE
(8:30am- 4:30pm)

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: paulyork@ozemail.com.au

PARTS ORDER FORM

Enclose a check or money order with this form for replacement parts.

Date of purchase _____

Name of location where purchased _____

Model number of item purchased _____

Last name, First name _____

Telephone number _____

Address _____ **City** _____ **State** _____ **Zip** _____

Part No.	Q'ty	Part Description	Unit Price	Total
			Total of order	$

Send your order to:

YORK BARBELL (AUST.) LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO N.S.W. 2566
AUSTRALIA

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY,
DAVENTRY, NORTHANTS,
ENGLAND, NN11 4YB